	Nutrition Education Lesson Kindergarten (TL-K-2)
Nutrition constructs	This lesson is designed to increase students' knowledge of which foods are fruits and vegetables.
Iowa Core	W.K.2 – Use a combination of drawing, dictating and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
Supplies needed	Physical Activity Card Set (provided), MyPlate poster (provided)  Optional: paper plates, glue, construction paper, safety scissors, pictures from magazines, images or models of fruits and vegetables  Time required
Before the lesson	Create a word wall or write the following words on the board. Use images or models of foods if available.
1035011	apple grapes bread broccoli cereal strawberry chicken carrot pasta
	peach watermelon chips crackers blueberry banana melon hamburger tomato
Lesson	<ol> <li>Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.</li> </ol>
	2. Introduce students to the idea that half their plate should be fruits and veggies at every meal. Show students MyPlate poster and leave it on display during this lesson. Show students how half the plate in the picture is fruits and vegetables. Direct students' attention to the list on the board and ask students to help you circle the foods that are fruits and veggies.
	3. Provide everyone with a paper plate. Direct students in making a plate that shows some of their favorite fruits and vegetables. Have students add a title and labels to the plate as they are able. It is okay if more than half the plate is fruits and veggies!
	<ul> <li>Consider these options for creating the plates</li> <li>Crayon drawings of foods</li> <li>Torn or cut construction paper in various colors representing fruits, veggies and other foods</li> <li>Images of foods from magazines</li> </ul>
	4. Give students the opportunity to share and describe their plates. Encourage students to take them home to show their parents.